

Carbon County Senior Center

Arthritis Advice

The word “arthritis” makes many people think of painful, stiff joints. But, there are many kinds of arthritis, each with different symptoms and treatments. Most types of arthritis are chronic. That means they can go for a long period of time. Arthritis can attack joints in almost any part of the body. Some types of arthritis cause changes you can see and feel—swelling, warmth, and redness in your joints. In some kinds of arthritis, the pain and swelling last only a short time but are very uncomfortable. Other types of arthritis might be less painful but still slowly cause damage to your joints.

Common Kinds Of Arthritis

Arthritis is one of the most common diseases in the United States. Older people most often have osteoarthritis, rheumatoid arthritis, or gout. Osteoarthritis (OA) is the most common type of arthritis in older people.

OA starts when tissue, called cartilage, that pads bones in a joint begins to wear away. When the cartilage has worn away your bones rub against each other. OA most often happens in your hands, neck, lower back, or the large weight bearing joints of your body, such as knees and hips. OA symptoms range from stiffness and mild pain that comes and goes to pain that doesn't stop, even when you are resting or sleeping. Sometimes OA causes your joints to feel stiff after you haven't moved them for awhile, like riding in the car. The stiffness goes away when you move the joint. Over time, OA can make it hard to move your joints. It can cause a disability if your back, knees, or hips are affected.

Why do you get OA? Growing older is what most often puts you at risk for OA, possibly because your joints and the cartilage around them become less able to recover from stress and damage. Also, OA in the hands may run in families. Or, OA in the knees can be linked with being overweight. Injuries or overuse may cause OA in joints such as knees, hips, or hands.

Rheumatoid arthritis (RA) is an autoimmune disease, a type of illness that makes your body attack itself. RA causes pain, swelling, and stiffness that last for hours. RA can happen in many different joints at the same time. People with RA often feel tired or run a fever. RA is more common in women than men.

RA can damage almost any joint. It often happens in the same joint on both sides of your body. RA can also cause problems with your heart, muscles, blood vessels, nervous system, and eyes.

Gout. Is one of the most painful kinds of arthritis. It most often happens in the big toe, but other joints can also be affected. Swelling may cause the skin to pull tightly around the joint

and make the area red or purple and very tender. Eating foods rich in purines like liver, dried beans, peas, anchovies, or gravy can lead to a gout attack. Using alcohol, being overweight, and taking certain medications may make gout worse. In older people, some blood pressure medicines can also increase the chance of a gout attack. To decide if you have gout, your doctor might do blood tests and x-rays.

Warning Signs

You might have some type of arthritis if you have:

- Ongoing joint pain
- Joint swelling
- Joint stiffness
- Tenderness or pain when touching a joint
- Problems using or moving a joint normally
- Warmth and redness in a joint

If any one of these symptoms lasts more than 2 weeks, see your regular doctor or one who specializes in treating arthritis, called a rheumatologist. If you have a fever, feel physically ill, suddenly have a swollen joint, or have problems using your joint, see your doctor right away.

Treating Arthritis

Getting enough rest, doing the right exercise, eating a healthy, well balanced diet, and learning the right way to use and protect your joints are keys to living with any kind of arthritis. The right shoes and a cane can help with pain in the feet, knees, and hips when walking. But make sure the cane is fitted by a professional. Don't borrow one from a friend or neighbor. There are also gadgets to help you open jars and bottles or to turn the doorknobs in your house. Some medicines can help with pain and swelling. Acetaminophen might ease arthritis pain. Some people find NSAIDs (**n**onsteroidal **a**nti-inflammatory **d**rugs), like ibuprofen, naproxen, and ketoprofen, helpful. Some NSAIDs are sold without a prescription, while others must be prescribed by a doctor. Be very careful about possible side effects of some NSAIDs, whether sold with or without a prescription. Read the warnings on the package or insert that comes with the drug. Talk to your doctor about if and how you should use the acetaminophen or NSAIDs for your arthritis pain. The U.S. Food and Drug Administration has more information about these drugs.

Osteoarthritis (OA). Medicines can help you control the pain. Rest and exercise may make it easier to move your joints. Keeping your weight down is a good idea. If pain from OA is very bad, there are shots your doctor can give you.

Rheumatoid arthritis (RA). Treatment can help the pain and swelling. This might slow down or stop joint damage. You may feel better and find it easier to move around. Your doctor might also suggest anti-rheumatic drugs called DMARDs (**disease-modifying antirheumatic drugs**). These can slow damage from the disease. Other medicines known as corticosteroids (like prednisone) can ease swelling. These are strong medicines and should only be taken with a doctor's prescription. Another kind of drug, called a biologic response modifier, blocks the damage done by the immune system. These may help people with mild-to-moderate RA when other treatments have not worked.

Gout. The most common treatment for an acute attack of gout is NSAIDs or corticosteroids. They can bring down the swelling, so you may start to feel better within a few hours after treatment. The pain usually goes away within a few days. If you have had an attack of gout, talk to your doctor to learn why you had the attack and how to prevent future attacks. If you have had several attacks, your doctor might prescribe medicines to prevent future ones.

Exercise Can Help

Along with taking the right medicine and properly resting your joints, exercise might help with arthritis symptoms. Daily exercise, such as walking or swimming, helps keep joints moving, lessens pain, and makes muscles around the joints stronger. Three types of exercise are best if you have arthritis:

- *Range-of-motion* exercises, like dancing, might relieve stiffness, keep you flexible, and help you keep moving your joints.
- *Strengthening* exercises, such as weight training, will keep or add to muscle strength. Strong muscles support and protect your joints.
- *Aerobic or endurance* exercises, like bicycle riding, make your heart and arteries healthier, help prevent weight gain, and also may lessen swelling in some joints.

Other Things To Do

Along with exercise and weight control, there are other ways to ease the pain around joints. You might find comfort by using a heating pad or a cold pack, soaking in a warm bath, or swimming in a heated pool. Your doctor may suggest surgery when damage to your joints becomes disabling or when other treatments do not help with pain. Surgeons can repair or replace some joints with artificial (man-made) ones.

Other Remedies

Recent studies suggest that acupuncture may ease some pain for some people. Research also shows that two dietary supplements, glucosamine and chondroitin, may help lessen moderate to severe OA pain, but they seem to have no effect on changes to cartilage in

the knee. Scientist continue to study these kinds of alternative treatments. Always check with your doctor before trying any new treatment for arthritis.



Free Income Tax Assistance for

Seniors 60 yoa and over will be available at the

Carbon County Senior Activities Center (450 S. Fairgrounds Way, Price)

starting February 5, 2014

Appointments are held every Wednesday & Thursday from 9:00am-11:30am

Friday 1:30pm –3:00pm

Appointments are required and can be made by calling the

Carbon County Senior Activities Center office at 435-636-3202

When making your appointment please mention if your taxes will be a detailed return

MON	TUES	WEDS	THURS	FRI
Blood Pressure 3rd Monday 11a	Blood Pressure 3rd Tuesday 11a	Last weds of the month Blood Pres- sure 11a	2nd Thurs Blood Pressure/ Free Toe- nail trimming	<u>CLINICS</u>
Billiards 8a-3p Bingo/cards 1:30p Needle Arts 10a	Billiards 8a-3p Cards 1p	Billiards 8a-3p Bingo 1:30p Line Dancing 9a at Sunnyside City Hall 4th Weds Movie at 1pm	Billiards 8a-3p Cards 1p	Billiards 8a-3p Shopping in Price leaving Center at 1:30p Kickback Friday's Whatever you choose 1:15p
Ceramic Class 10a	Needle Arts 10a	Line Dancing 9:00am at Sunnyside City Hall		Needle Arts 10a
Page 4	<u>CLASSES</u>			
	Exercise Class 11a			<u>EXERCISE</u>
On going daily activities subject to change without notice				

**East Carbon
Activities**

MON	TUE	WED	THU	FRI
Blood Pressure 2nd & 4th Mon. at 10a	Toe Nail Clinic 4th Tues. appointment required Blood Pressure 3rd Tues. at 10:30a	Blood Pressure 3rd Wed of the month 10:30am	1st Thurs. Blood Pressure at 10a	<u>CLINICS</u>
Billiards: 8a-4p Game Room 8a- 4p Shopping: Fresh Market 1p Wal-mart 2nd Monday	Billiards: 8a-4p Golf (seasonal) Game Room 8a-4p Movie 1p Quilting: 1:00pm – 3:00pm	Billiards: 8a-4p Game Room 8a-4p Bingo 1p Quilting 10:00am - 3:00pm Movie: 1p	Billiards: 8a-4p Game Room 8a-4p Shopping: Smiths 1p Quilting 1:00pm- 3:00pm	Billiards: 8a-4p Game Room 8a-4p Bowling at Country Lanes 1pm <u>ACTIVITIES</u>
Computer Lab: 8a- 4p Line Dancing: 9am Ceramics: 10am Quilting & Sewing 10a Oil Painting 1p	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Needle Arts 10a	Computer Lab: 8a-4p Ceramics: 10am	Computer Lab: 8a-4p Line Dancing: 9am Ceramics: 10am Organ Lessons 11:30a & 1p Quilting & Sewing 10a 3rd Thursday; Health Talks 1pm (Hydration Effects)	Computer Lab: 8a-4p Ceramics: 10am <u>CLASSES</u>
Gym: daily 8a-4p	Gym: daily 8a-4p Senior Fitness with Jerri Timothy 10:30a	Gym: daily 8a-4p Zumba 10a	Gym: daily 8a-4p Senior Fitness with Jerri Timothy 10:30a	Gym: daily 8a-4p Zumba 10a <u>EXERCISE</u>
	The Four Tune O's 1st & 3rd Tues 11:30a		Sing Along 2nd & 4th Thurs.	<u>MUSIC</u>
On going daily activities subject to change without notice				

**Price
Activities**

March 9th Daylight Saving Time Begins

Movie Line Up:

Popcorn

March 4th ~ Short Circuit ~ 1986 / PG / 99 Minutes

Provided by

March 11th ~ The Croods ~ 2013 / PG / 98 Minutes (Nicolas Cage)

Tony Basso

March 18th ~ Epic ~ 2013 / PG / 102 Minutes **starts at 12:45pm**

March 25th ~ McLintock ~ 1963 /NR / 127 Minutes **starts at 12:45pm** (John Wayne)

RIDDLE ME A CROSSWORD PUZZLE

Solve the riddles below to complete the crossword puzzle. Remember , riddles often involve a “play on words.” Look for clues in the riddles.

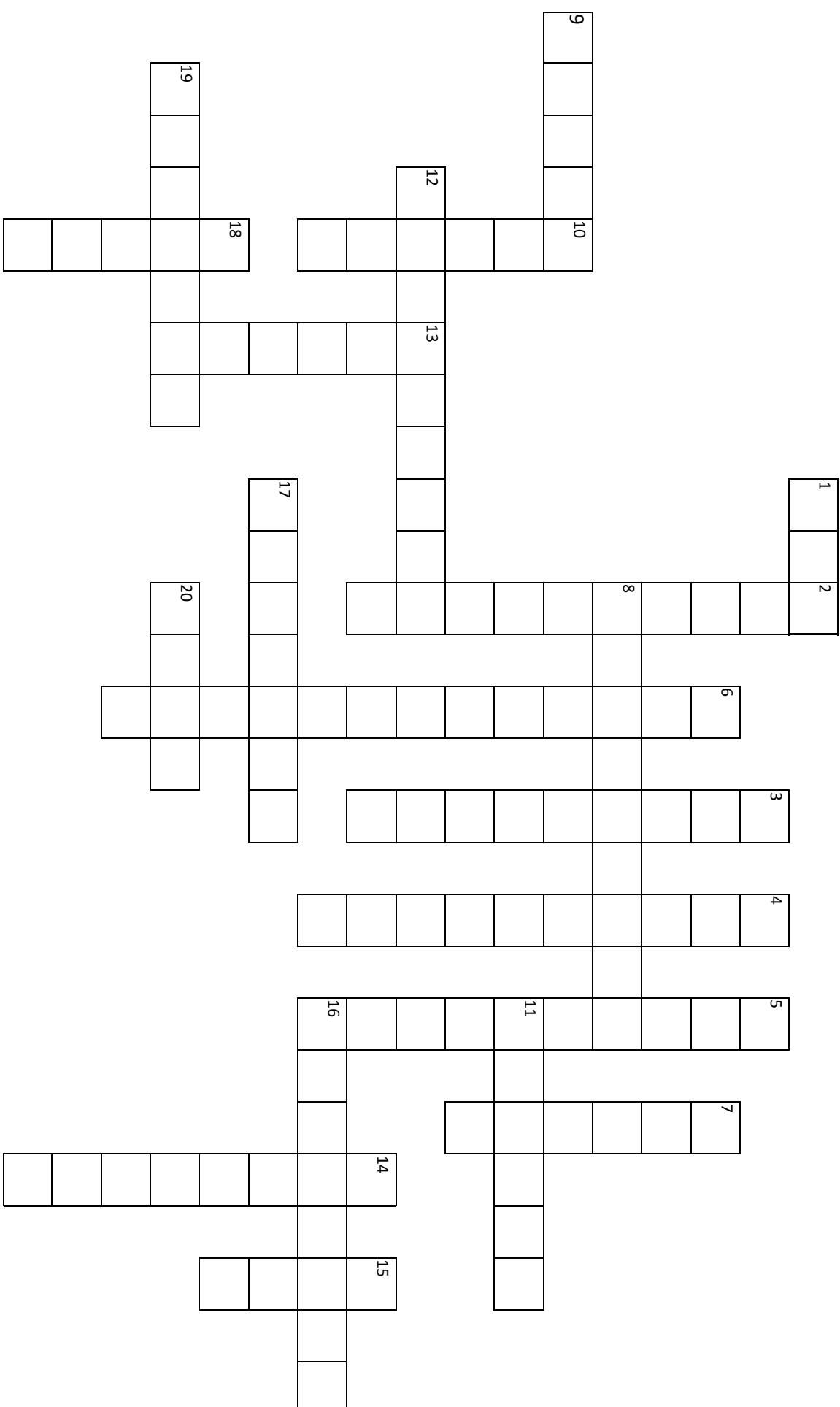
ACROSS

1. When you cross a sheep & bee you get ___ humbug.
8. Male deer need braces because they have _____.
9. Fluorescent lights hum because they don't know the _____.
11. When the cow went on vacation to Hawaii, she made sure to pack her _____.
12. What was the ant charged with who killed another ant? _____
16. Where does a penguin keep his money? _____
17. The bedspread said to the sheet, “ I've got you _____ .”
19. An evil chicken lays _____ eggs.
20. The biggest problem with snow boots is that they _____.

DOWN

2. Tough chickens come from _____ eggs.
3. When a termite walks into a bar, he asks “Is the _____ here?”
4. The book joined the police department so he could work _____.
5. What kind of horses go out after dark? _____
6. What is round and violent? _____
7. To catch a rabbit, hide behind a tree and make a sound like a _____.
10. Two flies are on the porch. The actor is the one on the _____.
13. How many months have 28 days? _____
14. When you cross an elephant and a fish you get _____ trunks.
15. Movie stars are so cool because they have so many _____.
18. The angry customer at the Italian restaurant gave the waiter a _____ his mind.

RIDDLE ME A GROSSWORD PUZZLE



Puzzle Answers

DOWN

ACROSS

1. BAH

8. BUCK TEETH

9. WORDS

11. MOO MOO

12. PESTICIDE

16. SNOW BANK

17. COVERED

19. DEVEILED

20. MELT

2. HARD BOILED

3. BARTENDER

4. UNDERCOVER

5. NIGHTMARES

6. VICIOUS CIRCLE

7. CARROT

10. SCREEN

13. TWELVE

14. SWIMMING

15. FANS

18. PIZZA

Salmon Supper

August 1, 2014

\$40.00 per person

**CUT OFF DATE
JULY 16, 2014**



San Rafael Swell-Cleveland Dinosaur Quarry Trip

Saturday April 26, 2014

Leaving center at 8:00am

\$30.00 per person

Includes: transportation, sack lunch &
Dinosaur Quarry

There will be a lot of walking!!!



Yard Sale
Saturday
May 3, 2014

8:00a.m. to 2:00 p.m.

Carbon County Senior Activities Center

450 S. Fairgrounds Way, Price

If you have anything to
donate to the center please bring it in.

**(Clothing donation can be made at D.I. or The Cloth-
ing Closet)**

Call for more info 636-3202

Call if you need us to pick items up in the
Carbon County Area

~ Homemade Crafts ~ Baked Goods ~

~ Cinnamon Rolls ~

~ Yard Sale Items ~

~ Chili & Bread Stix \$3.00 ~

All Proceeds go to services & activities at the center



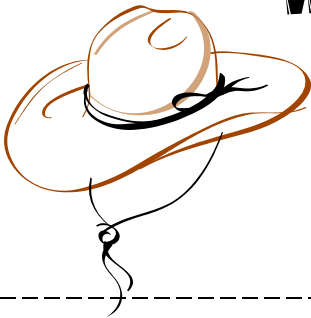
Crazy Hat Day!



JOIN THE FUN!



**Out-do your friends by
wearing the craziest hat!**



Tuesday, April 1, 2014



During Lunch!

Something New! AARP Smart Driver Course:

Thursday, April 3, 2014, 1:00-5:00pm

AARP Smart Driver Course has replaced the previous Driver Safety Class. This new course features the most informative and relevant content from previous course editions reflecting the latest driver safety and transportation innovations bundled with fresh information based on new research and expert recommendations. This new course offers an important opportunity to learn how to drive more efficiently and safely. The course contains up-to-date information about changes over time in ourselves, our vehicles and our roads.

The contents of this course can help you boost safety awareness, refresh and improve driving skills, minimize crash risks, increase driving confidence prolong mobility and maintain independence. This would be a good opportunity for those who haven't taken the AARP course for the past three years to come and see the newest program. There are no tests (written or driving) given in the 4-hour class. Upon completion, participants will be given a certificate to submit to their auto insurance provider to receive a discount on the insurance premium.

Contact the Senior Center to enroll 435-636-3202

Happy St. Patrick's Day!

Dear Seniors,

March is here and I eagerly await the arrival of spring on Thursday the 20th. The spring equinox marks the time when daylight begins to outlast the night. Yeah! Also daylight savings time begins on March 9th. Make sure to "spring" your clocks forward on Saturday the 8th before you head to bed.

Please keep in mind our annual yard sale. We've scheduled the sale for May 3rd. As always we need your donations. This is the only fund raiser we have and it has always been a huge success for us. We depend on your generous donations and have never been disappointed. After careful consideration, looking at pros and cons (i.e. difficulty in displaying, space requirements, low sales etc.) we have decided not to accept clothing donations this year. There are numerous charities that deal with clothing donations on a daily basis. A list of those charities can be found below. Please keep the senior center yard sale in mind when you do your spring cleaning. We also welcome homemade crafts and baked goods. All proceeds go to services and activities at the center.

- Community Clothing Closet—8 East Main Street, Price
- Deseret Industries—1161 East Main, Price
- Avalon House Thrift Store—178 South Main, Helper
- Trinity Christian Center—925 East Main, Price

Nancy Potter continues to take appointments for free income tax services to seniors during March. You **must** have an appointment. Call the center at 636-3202 to schedule your appointment today.

April 3rd will be our next AARP driver training course. Leonard Miller has been teaching the driver training course for several years now. He does a great job and we certainly appreciate his service to Carbon County Seniors. Read the course description on page 10 of the newsletter. Please call the center to sign up.

Once again I would like to thank everyone for their continued monetary donations to the senior center. Because of your donations we will be making hot chocolate available on Mondays and Fridays beginning in March.

May God bless each of you,

Debby

Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow.

— Melody Beattie

"Don't spend your precious time asking 'Why isn't the world a better place?' It will only be time wasted. The question to ask is 'How can I make it better?' To that there is an answer."

— Leo Buscaglia

Dear East Carbon Seniors,

My gosh I almost missed getting this in for print. So Happy March everyone. March is one of my favorite months. The tulips and crocus are popping so that tells me spring is not far off.

We will be having a bake sale fundraiser for our center's special projects on March 15, 2014 here at the E.C Senior Center. The sale of baked goods will begin at 1:00 pm and continue until they are gone. There will be honey wheat bread, cinnamon rolls and cookies. So bring your sweet tooth and buy some great goodies the smiles are free.

We also have the "It's a Swell Trip" (April 26, 2014) again this year guided by Lloyd Logan, he has been so gracious to show us the great things we have in our own backyard. Thank you Lloyd your knowledge makes this a truly fun and informative day trip. The information will be in the newsletter so if you would like a great day call either center and reserve a spot.

Don't forget Saint Patrick's Day on March 17th, come in and enjoy lunch with us, "Mora na maidine dhuit" (Top of the morning to you).

Bonnie

